

healthy
kidz



Halloween Activity Pack

supported by





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Helping Kidz Stay Lean This Halloween

10 Miles for P1-4!! 26 Miles for P5-7!!

Sign up
ANYTIME

Ensure you are registered and ready to take part
Sign up at
<https://healthy-kidz.com>

Tick



Prizes on offer for registering and logging into the App

For pupils that enter -

All pupils completing their miles will receive:-

- A certificate of completion
- A special teacher and principal acknowledgement on return to school
- Entry to our **Rewardz Fund** containing loads of wonderful prizes.



Sign up today @ www.healthy-kidz.com and stay fit and well during the break.



Healthy Kidz



@healthy_kidz1



Healthy Kidz



@healthykidz1

* Terms & Conditions available @ www.healthy-kidz.com





Frequently Asked Questions

Do I have to follow the timetable you provided?

- No – we have included a proposed timetable to use as a guide for all the activities you can do throughout the two weeks. You can complete them at your leisure!

How do I download the app?

- The Healthy Kidz App can be downloaded from the Apple App Store or the Google Play Store. We currently don't support the app on Amazon devices.
- Please ensure that your device has been fully updated.

How do I log in?

- Once registered via our website (<https://healthy-kidz.com>), use the username/login and password that was emailed to you to log in to the app.
- If you can't find your email with your details, please check your junk/spam folder as it can sometimes be sent there by mistake.
- Make sure to include the entire username i.e. user98765 and not just the number.
- The password can be typed in whatever format you want; with spaces, without spaces, with caps or without caps.

How do I use the App?

- The app is very simple to use. Firstly, you must physically complete an activity. This could be anything from going for a walk to washing your hands. Once completed, find the activity within the app.
- You'll see a box within that activity where you can add a description of that activity i.e. how long you did the activity for or what distance you completed. You can also leave this area blank!
- For every activity you add to the app, you gain Coins and Points. Coins can be used to purchase new avatars from the shop. You can access the shop by simple clicking on your avatar or by clicking the coins in the top right hand corner.

I have multiple children and only one device; how do I log out?

- To the left of your child's name, you'll see a log out button. Click on this button and you can then log in using your other child's username and password.



Halloween Proposed Timetable For P5-7

Try to complete all the activities before you go back to school!

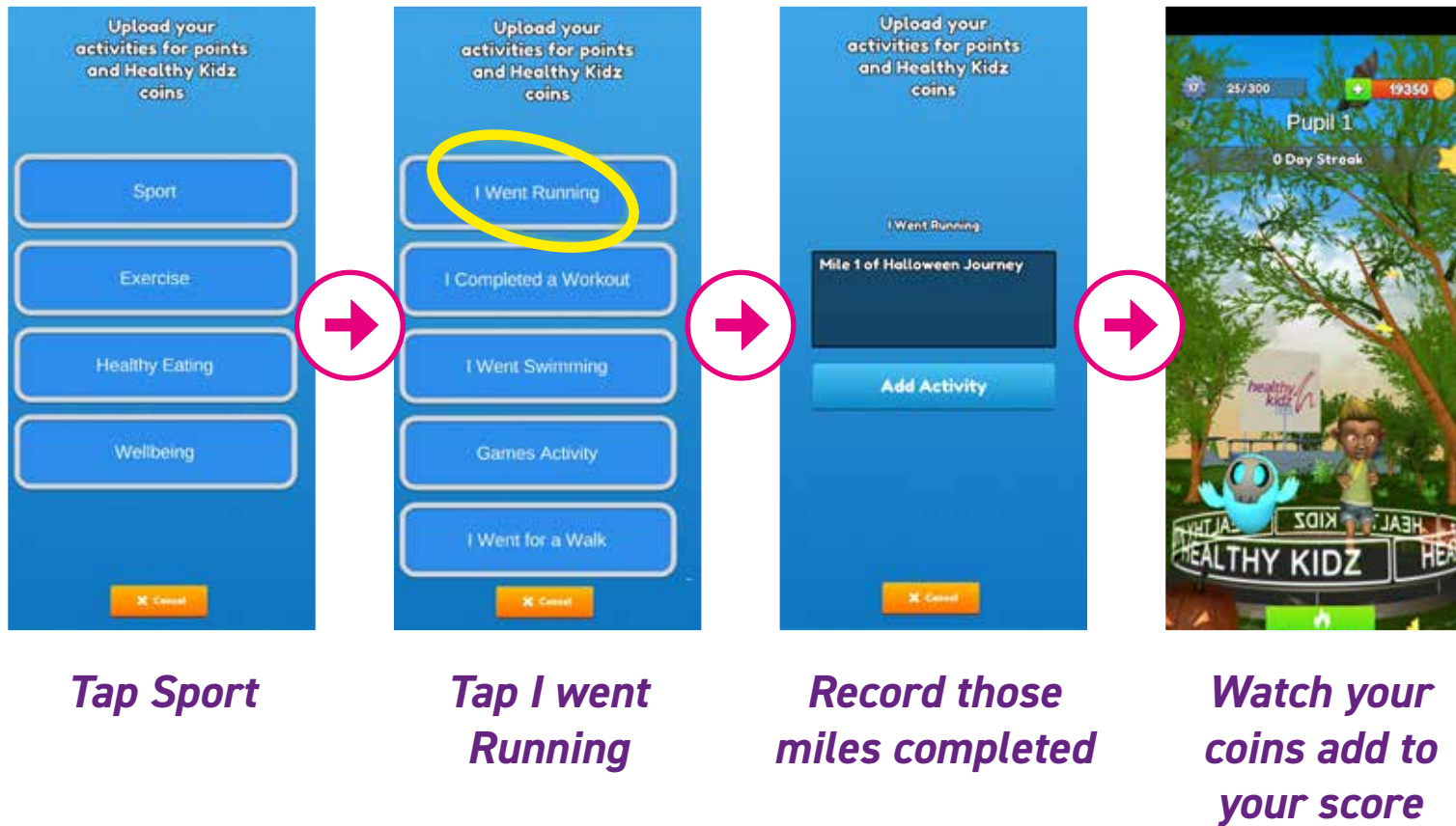
Week 1

Day	Walk/Run/Cycle	Cross-Curricular Activities
Monday	Mile 1+2	Literacy Lesson 1
Tuesday	Mile 3+4+5	Numeracy Lesson 1
Wednesday	Mile 6+7	World Around Us Lesson 1
Thursday	Mile 8+9+10	Art Lesson 1
Friday	Mile 11+12	Mindful Journal

Week 2

Day	Walk/Run/Cycle	Cross-Curricular Activities
Monday	Mile 13+14+15	Literacy Lesson 2
Tuesday	Mile 16+17	Numeracy Lesson 2
Wednesday	Mile 18+19+20	World Around Us Lesson 2
Thursday	Mile 21+22+23	Art Lesson 2
Friday	Mile 24+25+26	Mindful Journal

Don't forget to log your activity





BOSTON Marathon

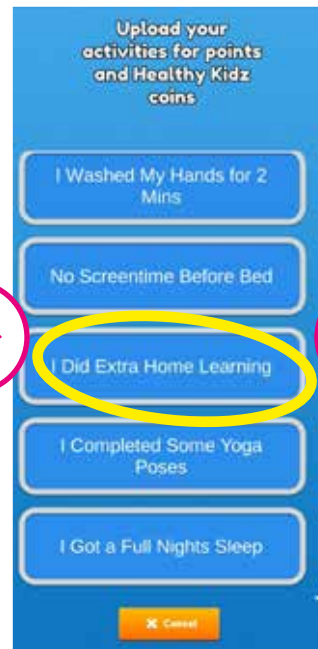




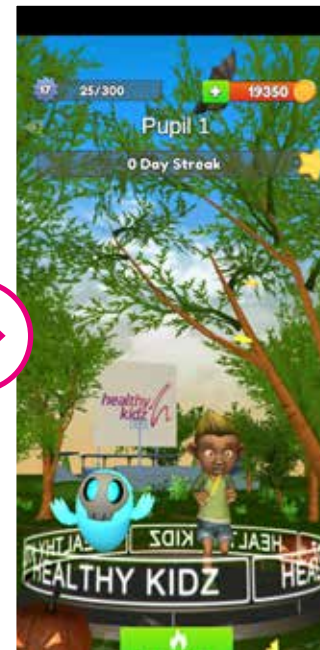
***Remember to record you Healthy Eating
& Home Learning to get those extra coins***



***Tap Healthy
Eating***



***Tap I Did Extra
Home Learning***



Extra Coins

Boston Marathon

Literacy- Newspaper Report

15 minutes lesson

Lesson suggestion:

You are a newspaper reporter on the front line at the Boston Marathon. Create a short newspaper report on what you see and hear.

Think about the key features needed for your report

- Newspaper name
- Headline
- Caption
- Date
- Columns
- Sub headings
- Photo
- Write in the third person





Boston Marathon

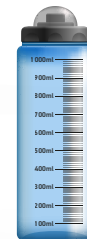
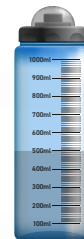
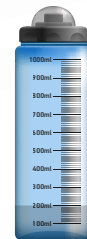
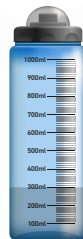
Numeracy- Capacity

15 minutes lesson

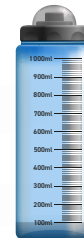
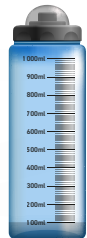
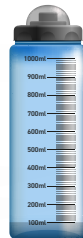
Lesson suggestion:

A marathon runner must consume between 400-800ml of fluid per hour in order to maintain ample levels of hydration throughout their run.

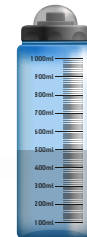
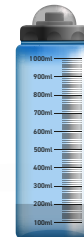
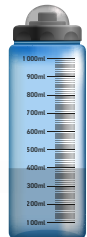
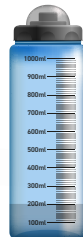
Read the water levels on each bottle and record the total of each row. Tick if they have consumed enough water for that hour or record a cross if not.



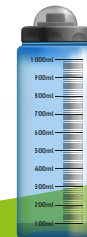
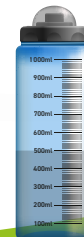
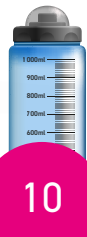
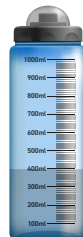
Total



Total



Total



Total

10

Boston Marathon

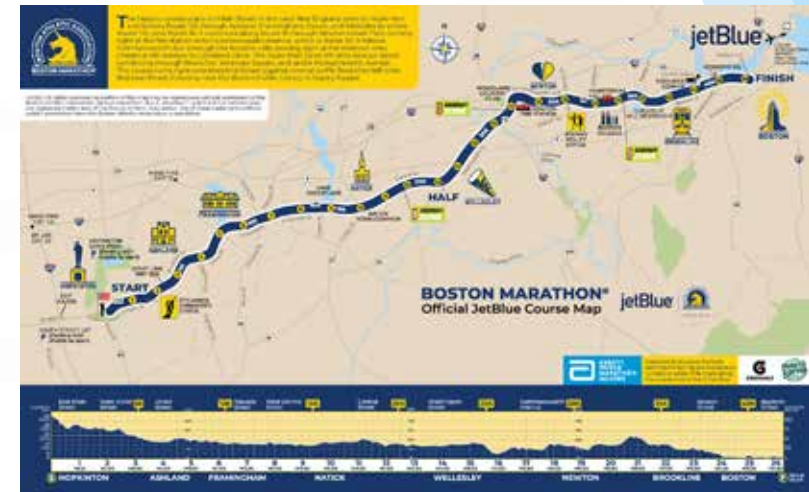
Geography- Maps

15 minutes lesson

Lesson suggestion:

Using the Boston Marathon Route map, answer the following questions.

1. List the landmarks at numbers 5, 9, 14, 17 and 22
2. At which landmark does the Boston Marathon begin and end?
3. How many landmarks are there between Ashland and Brookline?
4. Looking at the elevation key, record the highest and lowest elevations. Work out the difference between these.
5. At what number is the halfway mark? How many kilometres would a runner have run at this point?
6. Why do you think there are a number of energy zones throughout the route? Give reasons for your answer.



Boston Marathon

Art- Shape and form

15 minutes lesson

Lesson suggestion:

Design a sculpture that will mark the ending of the Boston Marathon.

Use the Boston Marathon logo for inspiration. Use its colours and detailing.

Think about the materials your sculpture will be made from to withstand the Boston weather.

Label your sketch with materials used and reasons for your choices.



Boston Marathon

Literacy- Non-chronological Report

15-20 minutes lesson

Lesson suggestion:

Using factual information from the 2020 Boston Marathon, create a non-chronological report.

You could focus on a particular runner or the Boston Marathon as a whole.

Remember you must use facts and not opinions.

Don't forget to include:

AN EYE-CATCHING HEADING IN A LARGE FONT

An introductory paragraph

Sub-headings for each paragraph

Text split up into paragraphs and each paragraph on a different aspect of the subject

Usually written in **present tense**



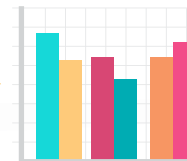
Pictures of the subject

Captions under each picture to explain what is in the picture



List of facts

- In
- Bullet
- Points



Graphs or charts showing information about the subject

BOXES CONTAINING INTERESTING INDIVIDUAL FACTS TO GRAB THE ATTENTION OF THE READER

Technical vocabulary in **bold**, possibly with a glossary at the end



Boston Marathon

Numeracy- Handling Data

15 minutes lesson

Lesson suggestion:

Here are some of the most famous men's marathon winners. Answer the questions and draw a graph to show the times of the marathon runners

Year	City	Name	Country	Distance
1924	Paris	Albin Stenroos	Finland	2:41:22.6
1952	Helsinki	Emil Zatopek	Czech	2:23:03.2
1960	Rome	Abebe Bikila	Ethiopia	2:15:16.2
1984	Los Angeles	Carlos Lopes	Portugal	2:09:21
2004	Athens	Stefano Baldini	Italy	2:10:55
2008	Beijing	Samuel Wanjiru	Kenya	2:06:32

1. Who was the winner of the men's marathon in Paris?
2. How much quicker was Carlos Lopes than Abebe Bikila?
3. How much longer was Stefano Baldini's time than Samuel Wanjiru's?
4. Samuel Wanjiru ran over 26 miles in 2 hours 6 minutes. What was his approximate average time for each mile?
5. The time for running a marathon is slowly creeping down. Do you think it will ever get below 2 hours? Say why.



Boston Marathon

History- Research and Investigation

15 minutes lesson

Lesson suggestion:

At the 1-mile mark of the Boston **Marathon** stands a 12-foot-tall **statue** depicting two men very familiar with the challenges of running 26.2 miles. Called the “**Spirit of the Marathon**,” the **statue** shows on one side Spyridon Louis, Greek winner of the first modern Olympic **marathon** in 1896, showing the way forward. Using a computer or iPad, research and investigate the history behind the Spirit of the Marathon.

Record any interesting facts you find



Boston Marathon

Art- Design

15-20 minutes lesson

Lesson suggestion:

Marathon Runners must invest in quality equipment that will withstand long distances. The most important item they must invest in is footwear.

Design a pair of trainers for a male or female that will withstand a full marathon run.

Think about:

- Shape
- Materials
- Colours
- Brand
- Logo

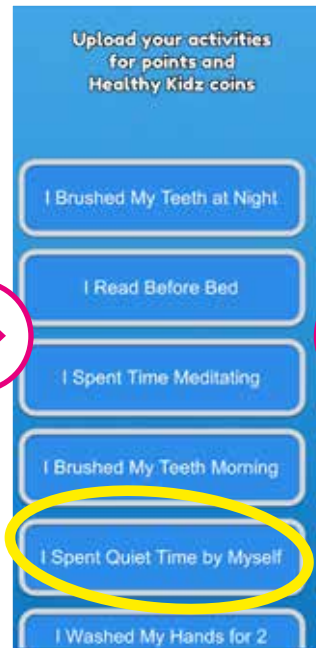




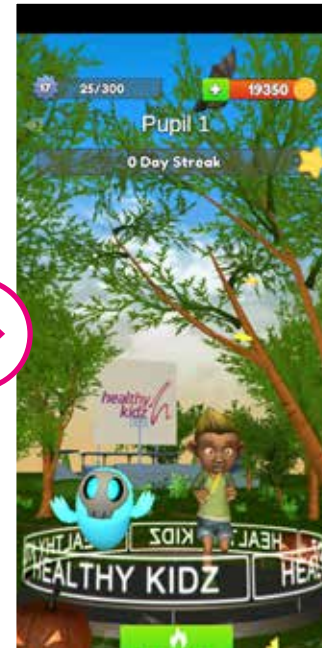
Remember to record your Wellbeing



Tap Wellbeing



*Tap I Spent
Quiet Time by
Myself*



Extra Coins



Today's Date:

My thought of the day:

Today's Targets: 'I will'

- 1.
- 2.
- 3.

Quote of the day:

Mindful image

Daily Reflection:

Today I felt...

Today I learnt...

Today's wins (Things you did well) ...

EUROSPARS

LaganValley Lisburn
Saintfield Road
Botanic
Lurgan
Seagoe Portadown
Ranfurly Dungannon Rd.
Bridge Street Portadown
Moy
Donaghmore
Armagh
Banbridge

Lean Supper Club

Unit 5c
Bluestone Business Park
for full week package deals

CENTRA

Lake Road Craigavon
M1 Dungannon
Culcavy
Aghalee
Costcutter
Waringstown
Lurgan
Donacloney
Silverwood Lurgan
Moygashel
Moutarys Lurgan
Moutarys Dollingstown

SUPERVALU

Moirá
Lurgan

Helping Kidz Stay Lean This Halloween!

